



Light of the Heart
Yoga™

Twist into Bliss

Quiet your mind, Rejuvenate your spine

**Saturday, December 7th with Addie
9 am - noon
at Light of the Heart Yoga**

Give yourself the gift of bliss!

Luxuriate in the reliable Svaroopa® yoga poses to wake up your spine. Experience the massaging effect of twists which turn your attention inward to the source of bliss. No experience necessary.

FEE: \$60 [Buy now](#) or send payment to Light of the Heart Yoga
770 Washington St. Holliston
01746

Contact Addie to indicate your interest



[Visit our website](#)

[About](#)

[Schedule](#)

[Events](#)

[Readings](#)

[Contact us](#)